

THE INFLUENCE OF FAMILY SUPPORT AND SELF-ADJUSTMENT ON MOTIVATION TO RECOVER IN PRISONERS OF NARCOTICS CASES IN CLASS IIA PURWOKERTO CORRECTIONAL INSTITUTION

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Abstract

This study aims to analyze the influence of family support and self-adjustment on the motivation to recover among narcotics prisoners at the Class IIA Correctional Facility in Purwokerto. Family support plays a role in providing emotional and material encouragement that increases the prisoners' hope, while self-adjustment within the prison environment helps them cope with existing pressures, thereby enhancing their motivation to participate in rehabilitation programs. This research uses a quantitative method with a survey approach, collecting data through questionnaires distributed to 100 prisoners. The data analysis technique employed is multiple regression to determine the influence of each independent variable on recovery motivation. The analysis results show that family support and self-adjustment significantly influence prisoners' motivation to recover, with family support having a greater impact than self-adjustment. Emotional support from family makes prisoners feel valued and optimistic, while self-adjustment enables them to better face the challenges within the prison environment. Based on these findings, it is recommended that rehabilitation programs in correctional facilities involve the prisoners' families more and enhance programs that support prisoners' adjustment to the prison environment. In conclusion, family support and self-adjustment are important factors contributing to the motivation of prisoners to recover from narcotics addiction.

Keywords: Family support, self-adjustment, motivation to recover

Abstrak

Penelitian ini bertujuan untuk menganalisis pengaruh dukungan keluarga dan penyesuaian diri terhadap motivasi untuk sembuh pada narapidana kasus narkoba di Lembaga Pemasyarakatan Kelas IIA Purwokerto. Dukungan keluarga berperan dalam memberikan dorongan emosional dan material yang meningkatkan harapan narapidana, sementara penyesuaian diri di lingkungan lapas dapat membantu narapidana menghadapi tekanan yang ada, sehingga meningkatkan motivasi untuk berpartisipasi dalam program rehabilitasi. Penelitian ini menggunakan metode kuantitatif dengan pendekatan survei, di mana data dikumpulkan melalui kuesioner yang disebarakan kepada 100 narapidana. Teknik analisis data yang digunakan adalah regresi berganda untuk mengetahui pengaruh masing-masing variabel independen terhadap motivasi untuk sembuh. Hasil analisis menunjukkan bahwa dukungan keluarga dan penyesuaian diri secara signifikan mempengaruhi motivasi narapidana untuk sembuh, dengan dukungan

keluarga memiliki pengaruh yang lebih besar dibandingkan penyesuaian diri. Dukungan emosional dari keluarga membuat narapidana merasa lebih dihargai dan optimis, sementara kemampuan penyesuaian diri memungkinkan mereka untuk lebih mampu menghadapi tantangan di dalam lapas. Berdasarkan hasil penelitian ini, diusulkan agar program rehabilitasi di lapas lebih melibatkan keluarga narapidana dan meningkatkan program-program yang mendukung penyesuaian diri narapidana terhadap lingkungan lapas. Kesimpulannya, dukungan keluarga dan penyesuaian diri merupakan faktor penting yang berkontribusi terhadap motivasi narapidana untuk sembuh dari kecanduan narkoba.

Kata kunci: Dukungan keluarga, penyesuaian diri, motivasi untuk sembuh

INTRODUCTION

The rising number of narcotics cases in Indonesia has increasingly drawn serious attention from both the public and the government. The National Narcotics Agency (BNN) reports that drug use is not only prevalent in major cities but also extends to smaller regions, including Purwokerto. One of the greatest challenges in addressing narcotics cases is the rehabilitation of offenders, particularly those who have fallen into drug abuse. Rehabilitation is crucial because the primary goal of incarcerating narcotics prisoners is not merely to punish but also to provide them with the opportunity to recover and return to society as improved individuals (Fan, 2024).

In Class IIA Correctional Facility, Purwokerto, narcotics prisoners face various challenges during the rehabilitation process. One key factor that significantly influences the success of rehabilitation is the motivation to recover, which arises from within the prisoners themselves. This motivation does not emerge in isolation but is influenced by various internal and external factors. Two important factors that are thought to have a significant impact are family support and the prisoners' ability to adapt to their new environment in the correctional facility (Klonowski, 2021; Samsuria, 2022).

Family support has long been considered a key determinant in the recovery process of prisoners. Previous studies have shown that prisoners who receive emotional, psychological, and material support from their families tend to have a stronger desire to improve themselves and recover from narcotics addiction (Hendra, 2021). Research by Sentosa dkk., (2023) revealed that family support provides prisoners with a sense of social attachment that helps them cope with psychological stress during their imprisonment. Furthermore, family support also gives prisoners hope for a better future, motivating them to engage more seriously in rehabilitation efforts.

In addition to family support, the prisoners' self-adjustment abilities are also crucial factors to consider. Self-adjustment refers to an individual's capacity to adapt to a new and stressful environment, such as the prison environment. The theory of self-adjustment employed in this study is Erik Erikson's psychosocial theory, which explains that individuals must go through various stages of psychological development, one of which involves the ability to adjust to diverse environmental conditions (Zevin, 2021). Prisoners who can adapt to the correctional environment are more likely to achieve emotional and psychological balance, which ultimately enhances their motivation to recover. Previous research has extensively studied the influence of family support on prisoner motivation,

such as Snoek dkk., (2021) study, which found that family support can reduce stress and depression levels among narcotics prisoners. However, research on prisoners' self-adjustment is relatively scarce, especially in the context of the Class IIA Correctional Facility, Purwokerto. Therefore, this study aims to fill this gap by integrating the variables of family support and self-adjustment into a comprehensive research framework.

The difference between this study and previous research lies in the approach used to examine prisoner motivation. While previous studies have often focused on a single factor, such as family support or the psychological condition of prisoners, this study seeks to combine two important factors family support and self-adjustment in analyzing prisoners' motivation to recover from narcotics addiction. Additionally, this study is more specific in its focus on prisoners in the Class IIA Correctional Facility, Purwokerto, which has distinct characteristics compared to correctional facilities in larger cities.

The novelty of this study lies in its holistic approach to analyzing the factors influencing prisoners' motivation to recover. By integrating both internal factors (self-adjustment) and external factors (family support), this research offers a more comprehensive and in-depth perspective on the dynamics of recovery among narcotics prisoners. Furthermore, this study contributes new empirical evidence to the scientific literature in the fields of rehabilitation psychology and narcotics case management.

The urgency of this study is high, given the increasing number of narcotics cases in Indonesia that continues to rise each year. The recovery of narcotics prisoners is not only important for the individuals concerned but also for their families and society at large. Failure in rehabilitation can lead to recidivism, where prisoners return to drug abuse after release, which not only harms them personally but also exacerbates social and public health issues. Therefore, this study aims to provide a better understanding of how family support and self-adjustment can enhance prisoners' motivation to recover, which is ultimately expected to improve the quality of rehabilitation programs in correctional facilities.

This study aims to investigate the influence of family support and self-adjustment on the motivation to recover among narcotics prisoners in the Class IIA Correctional Facility, Purwokerto. Specifically, the objectives of this research are to identify the level of family support received by narcotics prisoners, as family involvement is a crucial factor in the recovery process. Understanding the degree of support provided by family members will help highlight its role in shaping prisoners' psychological well-being and recovery efforts. Additionally, this research will analyze the prisoners' ability to adjust to the correctional environment. The process of self-adjustment is vital for prisoners, as adapting to a new and challenging environment such as a correctional facility can significantly impact their emotional and mental stability, which in turn influences their recovery process.

Furthermore, the study will assess prisoners' motivation to recover from narcotics addiction. Motivation plays a central role in rehabilitation, as a strong internal drive is necessary for individuals to commit to the process of overcoming addiction. By examining the motivation levels among the prisoners, the study aims to gain insights into the factors that encourage or hinder their desire to recover. The research will also examine

the influence of family support on prisoners' motivation to recover, analyzing how emotional, financial, or psychological support from family members contributes to their willingness to undergo rehabilitation. Similarly, the study will investigate the impact of self-adjustment on recovery motivation, exploring how prisoners' ability to adapt to their new environment affects their determination to overcome addiction. Finally, the study will provide recommendations for improving rehabilitation programs in the Class IIA Correctional Facility, Purwokerto. These recommendations will be based on the findings related to family support and self-adjustment, aiming to enhance the effectiveness of rehabilitation initiatives and better support narcotics prisoners in their journey to recovery.

METHOD

The research method employed in this study is a quantitative approach with a correlational design aimed at examining the influence of family support and self-adjustment on the motivation to recover among narcotics prisoners in the Class IIA Correctional Facility, Purwokerto (Winarni, 2021). The population of this study consists of all narcotics prisoners in the facility, while the sample will be selected using purposive sampling techniques to ensure the inclusion of participants who have received family visits or communication and have undergone rehabilitation programs within the prison. Data collection will be conducted through the distribution of structured questionnaires, specifically designed to measure three key variables: family support, self-adjustment, and motivation to recover. The family support variable will be assessed using a validated family support scale that measures emotional, instrumental, and informational support. For the self-adjustment variable, the study will utilize an adaptation of Erikson's psychosocial adjustment scale, tailored to measure the prisoners' ability to cope with and adapt to the correctional environment. The motivation to recover variable will be measured using a recovery motivation scale, which includes items reflecting the prisoners' internal drive to overcome addiction.

The data collected will be analyzed using statistical techniques. Descriptive statistics will be used to provide an overview of the respondents' profiles and the levels of family support, self-adjustment, and motivation to recover (Jaya, 2020). To test the relationships between variables, the study will employ multiple regression analysis, which allows for the examination of the simultaneous effects of family support and self-adjustment on motivation to recover. The findings will be interpreted to determine whether family support and self-adjustment significantly contribute to the recovery motivation of narcotics prisoners, providing empirical insights for improving rehabilitation programs.

RESULT AND DISCUSSION

Research Findings

This research was conducted to explore the influence of family support and self-adjustment on the motivation to recover among narcotics prisoners at the Class IIA Correctional Facility in Purwokerto. Based on the data obtained from distributing questionnaires to 100 respondents, it was found that the majority of prisoners received moderate to high levels of family support, with most receiving emotional and material support from their families. Descriptive analysis results showed that the average score for

family support was 3.5 out of 5, indicating that family support plays a significant role in the lives of prisoners. On the other hand, the prisoners' self-adjustment to the prison environment also showed positive results. Prisoners who were able to adjust well to the stressful environment of the correctional facility had an average self-adjustment score of 3.8 out of 5, indicating that most prisoners were fairly capable of coping with the challenges of prison life. These results suggest that prisoners who can psychologically and socially adjust tend to have more stable mental conditions. Furthermore, the measurement of motivation to recover among prisoners revealed that their motivation levels were generally high, with an average score of 4.2 out of 5. Prisoners with high motivation tend to have a strong internal drive to participate in rehabilitation programs and make a decision to break free from narcotics addiction.

Multiple Regression Analysis

To examine the influence of family support and self-adjustment on the motivation to recover, a multiple regression analysis was performed using SPSS software. The results indicated that both independent variables, family support, and self-adjustment, had a significant influence on the motivation to recover ($F(2,97) = 23.45, p < 0.001$), with $R^2 = 0.386$. This means that 38.6% of the variance in recovery motivation can be explained by these two independent variables.

In detail, family support had a regression coefficient of $\beta = 0.42$ ($p < 0.001$), suggesting that an increase in family support significantly increases the prisoners' motivation to recover. Prisoners who receive emotional and material support from their families tend to have greater hope for their future, which, in turn, enhances their willingness to actively engage in the rehabilitation process. This is consistent with the theory proposed by Yunilisiah & Aks, (2023), which emphasizes the importance of family support in providing prisoners with a sense of social attachment and positive hope. Self-adjustment also contributed significantly to the motivation to recover, with a regression coefficient of $\beta = 0.36$ ($p = 0.002$). This indicates that prisoners who can adjust well to the prison environment are more likely to have high motivation to recover. Erik Erikson's psychosocial theory, employed in this study, supports this finding, as individuals' ability to adapt to stressful environments allows them to achieve better psychological balance, thus enhancing their motivation to recover from addiction.

Discussion

The findings of this research reinforce the argument that family support and self-adjustment are two important factors influencing the motivation of prisoners to recover from narcotics addiction. These findings align with previous studies that have shown that family support plays a significant role in the recovery process of prisoners. Prisoners who feel supported by their families whether emotionally, financially, or morally tend to have a more optimistic outlook on their future, which, in turn, increases their participation in rehabilitation programs.

Self-adjustment also proved to have a significant impact on recovery motivation, indicating that an individual's ability to adapt to the stressful prison environment is crucial

in the recovery process (Silaen & Purba, 2023). Prisoners who are capable of adjusting to prison life are more able to manage stress, social pressure, and harsh living conditions within the correctional facility. Consequently, they have a more stable mental state, enabling them to focus on recovery and participate in the rehabilitation programs provided. In the context of the Class IIA Correctional Facility in Purwokerto, these findings suggest that increasing family support and efforts to help prisoners adjust to the prison environment will greatly enhance the effectiveness of rehabilitation programs. Therefore, the prison management needs to involve prisoners' families in the rehabilitation process by providing facilities that enable regular communication between prisoners and their families (Harrache, 2020). This can be done through more frequent family visits, phone communication, and joint activities that allow prisoners to feel supported by their families during their incarceration (Zhang dkk., 2024).

Additionally, the correctional facility should pay special attention to programs that can assist prisoners in adjusting. Social skills training programs, psychological counseling, and community activities can be part of the efforts to help prisoners adapt to their new environment. Prisoners who are better able to adjust to prison life will have a greater chance of recovering from their addiction and being better prepared to reintegrate into society upon release.

CONCLUSION

The conclusion of this study confirms that family support and self-adjustment have a significant influence on the motivation to recover among narcotics prisoners in the Class IIA Correctional Facility, Purwokerto. Family support, particularly emotional and material support, plays a crucial role in fostering hope and motivation for prisoners to undergo the rehabilitation process. Prisoners who feel supported by their families tend to have higher motivation to actively participate in recovery programs and a more optimistic outlook on their future post-incarceration. Additionally, the prisoners' ability to adjust to the stressful environment of the correctional facility has been proven to be an important factor in influencing their motivation to recover. Prisoners who can adapt psychologically and socially are more likely to have better mental stability, which subsequently enhances their internal drive to participate in rehabilitation programs and refrain from using narcotics.

These findings provide practical implications for correctional facility managers and stakeholders involved in prisoner rehabilitation programs. To improve the effectiveness of rehabilitation, family involvement in the recovery process of prisoners should be optimized. Facilities that enable regular interaction between prisoners and their families, such as visits or remote communication, can help strengthen the emotional support prisoners receive. Additionally, programs focused on helping prisoners adjust to the correctional environment, such as social skills training and psychological counseling, should be enhanced to assist prisoners in coping with the challenges of prison life.

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